Post-deployment Health Reassessment

Restoring Resilience and Well Being

This is about YOU

- Program is designed for you
- YOU decide how to use the program

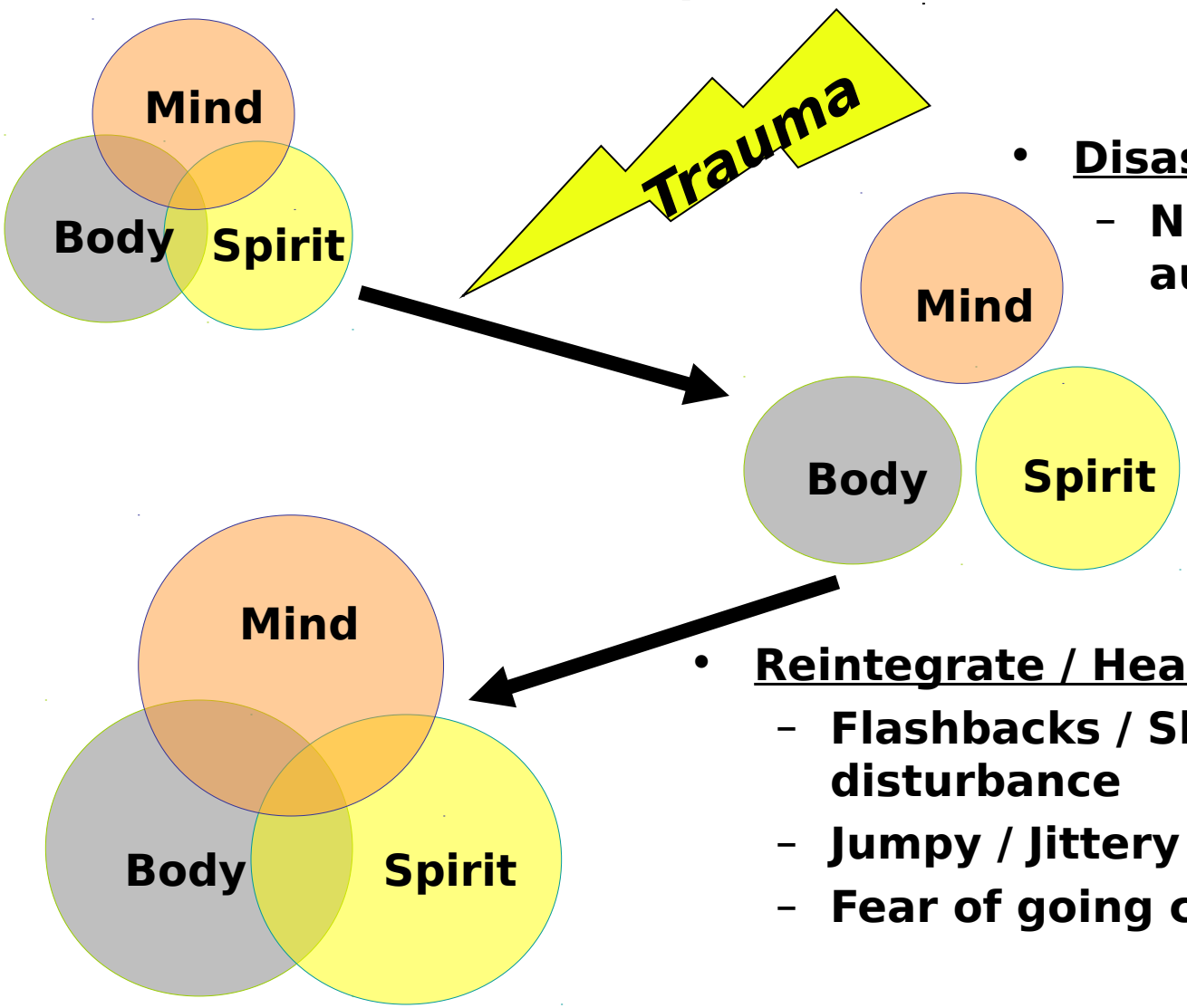
Why We're Here

- War is hell
- Combat often leads to injuries - physical, spiritual and emotional/behavioral
- Many servicemembers experience physical and behavioral reactions after returning from deployment
- "Resetting" mental and spiritual well being is as important as restoring physical fitness

Truths About Combat

- Combat exposes us to stressful and unusual situations
- Some of these situations are traumatic and involve overwhelming stress and grief
- The enemy seeks to disrupt us at all levels
- We are designed to adapt and overcome
- Realistic training helps build resilience and coping skills to counter their efforts

Human Response to Trauma



- **Disassociate / Survive**
  - **Numb, detached, on autopilot, like robot**

- **Reintegrate / Heal**
  - **Flashbacks / Sleep disturbance**
  - **Jumpy / Jittery / Irritable**
  - **Fear of going crazy**

Common Reactions

- Memories of experiences
- Flashbacks
- Always “on alert”
- Sleep problems
- Fatigue
- Memory problems
- Concentration
- Attention problems
- Loss of motivation
- Decreased interest in/enjoyment from activities
- Crying spells
- Feeling jumpy
- Irritability
- Frustration
- Feeling overwhelmed
- Depression
- Guilt
- Feeling emotionally numb (“I just don’t feel much of anything anymore”)

Restoration

- Time to Reset and Thrive
  - Get the basics back – sleep, food, rest, have fun
  - Relaxation to calm the body/mind
  - Reintegration with family and friends
- Develop resilience for upcoming stressors
  - Develop a Psychological First Aid Toolkit
  - Develop a unit/family battle rhythm

Myths About Combat Reactions

- Real servicemembers can handle anything without any problems
  - “It will never happen to me”
  - “It is something that happened after Viet Nam, not now”
- It is weak to have a combat stress reaction
  - “It only happens to weaklings . . .”
- Seeking services means you’re crazy
  - “Guys with mental health problems are like Rambo and will go ‘postal’ on you”
  - “It’s permanent and untreatable”
- Seeking services will end your career
  - “It only exists for shammers and gold-brickers trying to get out of duty”
  - “Give me a guy who claims to have PTSD and I’ll beat his ass”

You are OK

- These reactions are normal and usually short-lived – you’re not going crazy or losing your mind
- Most respond well with support from family and friends
- Some will benefit from a little extra support with resolving these reactions
- Seeking assistance is a sign of strength, showing that you desire to become healthier

YOU have an opportunity

- to address health concerns that have emerged after deployment
- to get a referral to appropriate clinics or agencies
- to gather information on topics that affect your health and welfare
- to update your medical info/status
- to learn better how to care for your buddies and fellow servicemembers

Today is Your Opportunity

- Take full advantage
- Don’t just “check the block”
- Get the tools to “reset” your well being
- Building resilience is worth it

Questions?

Procedure

- Installation/unit specific process here

Next...